

RichmondhUA
wellness-spa

N U A

S P A

M E N U

E N G L I S H

02 Spa Rules and Policy

04 Wet Areas

07 Nua Specials

09 Facial Treatments

12 Body Wellness

17 Massages

21 Balance In The Body and
The Environment

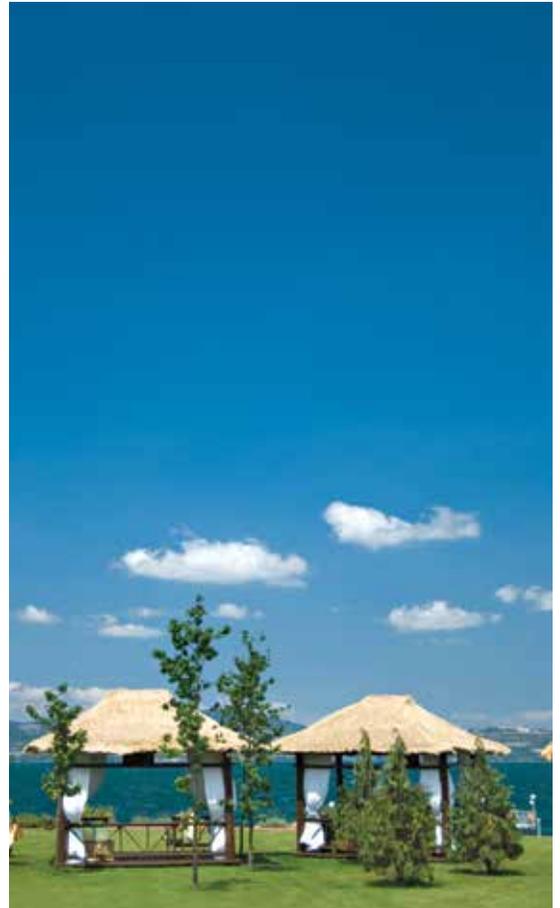
22 Meditations

23 Hypoxi

24 Additional Services

Distinguished Guests,

Welcome to Turkey's first and only destination Spa. We are delighted to have you here with us at Nua Wellness-Spa. The word Spa is an acronym of the Latin phrase "SANUS PER AQUA" meaning "health through water". The Spa's unique concept brings together various methods of wellness from different regions in the world. It takes you on a journey spanning Europe, America and Asia, combining both traditional and modern baths with a professional knowledge of wellness. It is a sacred adventure for the body, mind and soul.



Nua Wellness-Spa center consists of the following sections:

- Wellness-Spa Lobby
- Wellness-Spa Relaxation Area
- Vital Bar
- Beauty Center
- Massage & Treatment Area
- Professionally Equipped Fitness Center
- Wet Areas

Jacuzzis

- Salt Jacuzzi
- Jet Pool 117

Steam Rooms

- Laconium
- Herbal Steam Bath
- Osman Steam Bath
- Salt Inhalation Steam Bath

Sauna & Ice Grotto

- Loft Sauna
- Ice Grotto

Showers

- Aqua Cave Shower
- Snail Showers

Relaxation Rooms

- Tepidarium
- Water Beds
- Day Dream

*We wish you a delightful time at Nua Spa.
Your Nua Wellness-Spa Team.*

Spa Rules and Policy

Dear Guest,

At Nua Wellness-Spa we are happy to serve you daily from 09:00 a.m. to 10:00 p.m. Due to the high demand for our services at the Nua Wellness-Spa, we recommend that you make reservations for all treatments in advance.

Please arrive at the Spa reception at least 5 minutes before your scheduled therapy session. Please note that if you arrive late for your appointment, your treatment time will be shortened accordingly. Your therapy session will finish at the scheduled time, even if it started late, in order not to impact the following appointment. Thank you in advance for your understanding.

Spa Guidelines

What do I need to do prior to my visit at Nua Wellness-Spa?

Please do not bring any valuables with you when you come to Nua Spa. You can leave your valuables (such as jewelry, mobile phone, etc.) in the safe in your room. Mobile phones are not allowed in the Spa area.

What should I wear at the wet areas of Nua Wellness-Spa?

We request that our guests wear swimsuits, bikinis or shorts when they arrive in the wet area. For your comfort, you can find robes and slippers along with a Nua Spa bag in your room. Towels are available in the Spa area.

What should I wear during my massage and treatment?

In order to receive the most efficient care and to capture physical and spiritual harmony, we recommend that you do not wear any clothes during body massages. However, according to the preferences of our guests, you may choose to wear a bikini, shorts, or the disposables briefs provided by Nua during your massage.



Can I purchase the products used during the massages and treatments?

The natural oils and beauty products used during your massage or treatment can be purchased from the Nua Shop, located in Nua Spa, allowing you to continue your Nua Spa enjoyment at home.

Are there any age restrictions?

Due to wellness and Spa concept, we accept guests above 14 years old.

What is the cancellation policy?

If you need to cancel or reschedule your appointment for any reason, we kindly request that you notify reception at least 3 hours in advance of your massage or beauty treatment appointment, and at least 48 hours in advance for packages. Otherwise, 50% of the treatment price will be added to your bill.

About your health

At Richmond Nua Wellness-Spa the temperature of the sauna and steam bath ranges between 40°C and 100°C. We recommend that our guests with high blood pressure, cardiovascular disorders or who are pregnant do not use the sauna and steam bath.

About the therapists

Both male and female therapists are available. You can find the name of your therapist on your reservation form. If you wish to request a specific therapist for your treatment, please inform the Nua Spa reception at least 48 hours prior to your appointment.

Enjoy yourself

Our treatments were designed in order for you to relax and rejuvenate, and to enrich your life. Our experienced staff will be happy to answer any further questions you may have.

We will be delighted to accommodate you.

Hours of Operation

07:00 AM - 10:00 PM Fitness Center
09:00 AM - 10:00 PM Wet Areas and Relaxation Lounges
09:00 AM - 10:00 PM Massages and Treatments

T. 0264 582 21 00 Extension 2210 or 2211

SPA WET AREAS

Jacuzzis

Salt Jacuzzi

With the therapeutic properties of salt and the water heated to 33°-35°C, this Jacuzzi bath will relax your whole body and relieve all the tension in your muscles. All you need to do is to lean back and enjoy this moment.

Jet Pool 117

With its special lighting and jets providing various therapeutic benefits, this dynamic pool offers an extraordinary sensory experience. While the water jets activate your body's reflex points, the relaxing massage helps you to enjoy your time in the pool. The water temperature ranges between 33°C-35°C.



Salt Jacuzzi

Steam Rooms

Laconium

A luxuriously tiled dry heat treatment room where the heat radiates from the walls, benches and floor. With a water fountain in the center to regulate humidity and the refreshing aroma of citrus fruits, this room induces a healthy and relaxed perspiration. While it detoxifies and rejuvenates the body, the Laconium also stabilizes blood

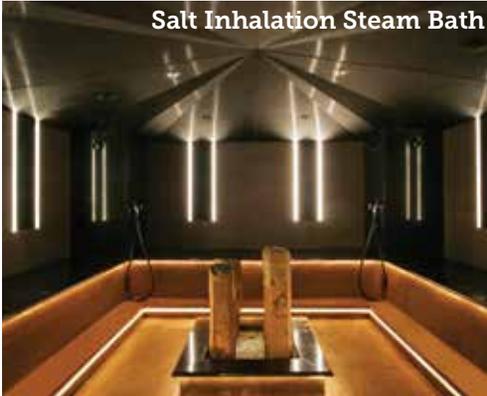
circulation and strengthens the immune system. Cabin temperature is 40°C with a humidity of 15%-20%.

Herbal Steam Bath

A dry heat room with heated ceramic niches where a sauna stove located in the center radiates an air of springtime freshness. Every five minutes, a different kind of dried herb (alternating between chamomile, linden and lavender) placed over the stove is infused with water, releasing its aroma and creating a lively atmosphere, which is complemented with relaxing lights and soothing music. Cabin temperature is 45°-50°C with a humidity of 50%.

Osman Steam Bath

A traditional high humidity steam bath offering an exceptional experience with its fiber optic lighting system and music creating a beautiful harmony of light, color and sound. In this steam room, assorted aromatic essences are injected into the extremely humid room making the Osman Steam Bath a perfect choice for our guests who may not enjoy dry heat. The high humidity, along with the steam and heat offer relief from muscle tensions and sinus and chest congestion, while moisturizing the skin. Cabin temperature is 40°-45°C with a humidity of 90%-100%.



Salt Inhalation Steam Bath

Take a spiritual journey to the seaside with the help of salt and menthol, injected into the steam at 5 to 7 minute intervals, in this steam bath designed with granite benches. While the steam improves circulation, the fusion of salt and menthol cleanses the respiratory tract. Cabin temperature is 40°-45°C with a humidity of 90%-100%.

How to use the Salt Inhalation Steam Bath:

- Take a warm shower and dry off.
- Relax for 10 to 20 minutes in the steam bath, using the showers located on either sides whenever you feel the need to cool off and refresh yourself by running the water from your feet towards your heart. Continue to rest and relax in the steam bath.
- Rest for 20 to 30 minutes in one of our relaxation lounges, such as the Water Beds, the Tepidarium or the Day Dream.
- Be sure to drink plenty of water to avoid dehydration. If time allows and you feel well, you may wish to repeat a second time.

Sauna & Ice Grotto

Loft Sauna

With its two-tiered interior design and 100-year-old Finnish Kelo wood, this exceptional sauna has a rustic feel. The two levels adorned with wooden benches, which are equally comfortable whether you sit or lie down, enable you to select your preferred temperature. Along with the sound of soothing music, the "moisturizing ceremony", an amazing dance of light and water, livens up the inside of the Loft Sauna. The temperature inside the cabin is 60°C at the lower level and 100°C at the higher level.

How to use the Loft Sauna:

- Take a warm shower and dry off.
- Lie down on a towel inside the Loft Sauna.
- Relax in the sauna for 10 to 12 minutes.
- Shower in the Aqua Cave or use the Ice Grotto to refresh and cool off.
- Rest for 20 to 30 minutes either at the Water Beds or at the Day Dream relaxation lounge.
- Be sure to drink plenty of water to avoid dehydration. If time allows and you feel well, you may wish to repeat a second time. Guests with a history of heart or circulation problems should not use the Loft Sauna.



Ice Grotto

The combination of glass brick walls, a special lighting system and an ice fountain turns this cooling area into an extraordinary arctic experience. This invigorating room stimulates the circulation and strengthens the immune system.

How to use the Ice Grotto:

- We recommend you to use the Ice Grotto after using the Loft Sauna.
- Massage your body with the ice in an upwards circular motion until you feel completely refreshed.
- Rest for 20 to 30 minutes either at the Water Beds or at the Day Dream relaxation lounge.
- Be sure to drink plenty of water to avoid dehydration.



Ice Grotto

Showers

Aqua Cave

In an environment where the concept is generally focused on heat, this giant rock, which is around 10°C with three different cold water features, suddenly takes you to a completely different world. First you can enjoy pouring rain accompanied by thunder and lightning. After the rain ends you'll be surrounded by a dense mist infused with the fresh scent of eucalyptus. Finally, you will feel the delightfully refreshing effect of the waterfall flowing down on you from within the rocks.

Snail Showers

Specially designed with mosaic tiles, these showers offer a range of showering options. As well as the various warm shower options, you may also enjoy a cold shower by choosing "Splash".

Relaxation Rooms

Tepidarium

Originating in ancient Rome's bath houses, this relaxation room features ergonomically designed heated stone chairs. The soothing music coming from the headsets located on each bedside adds another level of enjoyment to your comfort. The heated chairs strengthens the immune system and increases the body's resistance to colds. The chairs have a temperature of around 37°C. We recommend using towels on the chairs, and staying in the Tepidarium for at least 20 minutes, although you are welcome to stay for as long as you are comfortable.

Water Beds

This special relaxation room allows you to enjoy heated water beds while also listening to music with headsets. The ergonomic beds take the natural shape of your body, relax your muscles and appeal to your senses by reducing gravity. The beds have a surface temperature of 32°C. We recommend using towels on the beds and a stay of at least 20 minutes, although you are welcome to stay for as long as you are comfortable.

Day Dream

Let this elegant relaxation area take you on a journey to a different world. Just lay back on our ergonomic beds and enjoy a relaxing view of the Jacuzzis, or watch the stars dance to the tune of calming music right above you.

NUA SPECIALS

Nua specials are treatments which have been designed exclusively for Richmond Nua-Wellness Spa. These treatments offer balancing, relaxing and stress fighting properties. We recommend that you take advantage of our special treatments listed below for the serenity of your body, mind and soul.

Nua SPIRIT Couple

Harmonizing the body, mind, and soul, this couple's massage starts off with the couple enjoying foot-baths sprinkled with rose petals, and continues with the couple experiencing the Rasul Steam Bath. After the steam bath treatment, ladies enjoy first the Cleopatra Bath, and then the Traditional Balinese Massage, while gentlemen enjoy the body treatment followed by the Deep Tissue Asian Massage. After the massages, the couple is given time to rest and relax. This exquisite wellness journey ends with the therapists presenting the couple with a gift that can be used to recreate their Spa experience at home. We kindly request that you make your reservation for this treatment at least 2 days in advance. 135 minutes (couple) **547 TL + VAT**

Nua SPIRIT Single

In the magical atmosphere of our luxury wellness suit, let this relaxing treatment carry you away from all the stress and worries of everyday life and leave you with a feeling of serenity. This special Nua Wellness ritual starts with a foot-bath with rose petals, followed by the Rasul Steam Bath treatment. Ladies then enjoy the Cleopatra Bath, while gentlemen enjoy our body treatment. Then, enjoy a light and relaxing massage with our special Golden Body Oil.

This treatment is designed for one person. We kindly request that you make your reservation for this treatment at least 2 days in advance.

105 minutes **369 TL + VAT**

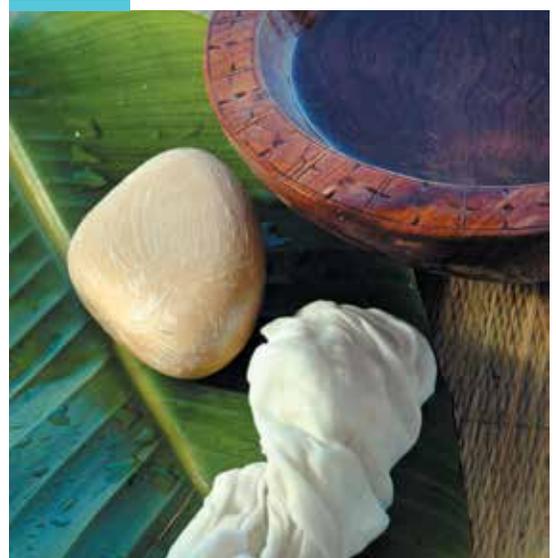
Nua PRIVATE Couple

Designed especially for couples, Nua Private offers our guests a unique luxury experience with an aromatic steam bath, bio sauna and the two-person Nua Signature Massage by our expert therapists in a VIP room. We kindly request you to make your reservations at least 1 day in advance.

105 minutes (couple) **500 TL + VAT**

Beauty

Enjoy a memorable experience at Nua Wellness-Spa, taking full advantage of our personalized beauty treatments performed by expert therapists to achieve healthier and smoother skin glowing with radiance.



Kerstin Florian Authentic Luxury Skincare Outer Beauty, Inner Health

The Kerstin Florian product philosophy is centered around the world's great healing resources that have provided centuries of benefit. We take our inspiration from nature and European tradition, and refine this inspiration by research and modern technology. KFI products are founded in advanced phytotherapy, aromatherapy, thermal mineral, herbal and marine technology and are free from heavy preservatives and perfumes. All products and supporting treatments are designed to be introduced professionally with a simple-to-follow home lifestyle program. Our reputation for products that consistently deliver positive results has allowed us to be partners with many of the world's finest resorts and Spa's.

The Kerstin Florian products cover a range of Spa traditions and therapies, comprised of five distinct lines: Caviar Skincare, Corrective Skincare, Essentials Skincare, Essentials Body Care and Home Care.



Ligne St. Barth

Produced on the Island of St. Bart, these hand-made skin care products contain all of the active ingredients of the plants, fruits and flowers extracted from the Caribbean. Their texture and fluidity have the most desirable effects on the epidermis. Explore this exquisite line of body care products and enjoy a taste of tropical paradise in your home.



Ericson Laboratoire

The natural skin care treatments, prepared with marine active ingredients of phytobiological origin, purifies your skin, revitalizes its appearance and balances the skin tone. At Nua Wellness-Spa, enjoy the skin care treatments that give obvious and visible results.



FACIAL TREATMENTS

Kerstin Florian Facial Treatments

Deluxe Caviar Facial

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich caviar and powerful antioxidants. Exclusive caviar products infuse skin with age defying nutrients to smooth fine lines and improve texture. An AcuLift massage visibly firms and tones and our Marine Biomatrix Sheet with chamomile provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent.

90 minutes **395 TL + VAT**

Caviar Facial

The ultimate ageless treatment for the face, hands and décolleté. Refines, lifts, firms and nourishes the skin with protein-rich caviar, powerful antioxidants, a gentle enzyme peel and a unique alginate peel-off masque that dramatically improves skin moisture. Results are immediate, creating healthy luminescent skin.

60 minutes **295 TL + VAT**

Correcting Advanced Repair Facial

This result-oriented treatment is customized to address specific skin conditions including hyperpigmentation, congested skin, fine lines and premature aging. Includes an exfoliating multi-acid or enzyme peel on the face, neck, décolleté and hands to renew the skin cells, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin.

60 minutes **295 TL + VAT**

90 minutes **395 TL + VAT**

Correcting Detox Facial

A deep cleansing and skin-refining facial specifically designed for congested, oily and problematic skin. This targeted treatment focuses on providing immediate lasting results. Includes a professional 30% multi-acid peel followed by a purifying organic masque. A thorough skin analysis, extractions as well as a customized home care regimen promote healthy-looking, clear skin.

60 minutes **240 TL + VAT**

Correcting Pro Peel 30

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. Skin is deeply cleansed and toned, followed by a 16-point acupressure exercise on the face and scalp. Intensive serums are applied as beauty globes cool and lighten the skin.

30 minutes **130 TL + VAT**



Brightening Facial

This result-oriented treatment is specially designed to address hyperpigmentation and premature aging. Includes an exfoliating multi-acid peel to brighten the skin, a deep-cleansing massage to promote circulation and a unique brightening masque to immediately illuminate the skin.
90 minutes **340 TL + VAT**

Nua Customized Cleansing Facial

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin.
75 minutes **225 TL + VAT**

Organic Cocktail Facial

Reconnect with nature, spirit and self with this deluxe facial based on ancient and influential art of aromatherapy. Centered around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation.
60 minutes **225 TL + VAT**

Antioxidant Facial

This oxygenating, anti-aging facial utilizes ingredients brimming with antioxidants, including an application of a natural spirulina algae rich in protein, vitamins, minerals and botanical extracts to combat premature aging, disrupt hyperpigmentation and provide skin with a healthy glow. This facial includes a luxurious face and scalp massage as well as a hydrating hand treatment. Skin is noticeably smoother and younger looking.
90 minutes **265 TL + VAT**

Sensitive Skin Facial

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea, aggressive medical peels and laser treatments. Includes a unique alginate peel-off masque to calm inflammation and uniquely nourish and heal each sensitive skin condition. A personalized home program is recommended to continue the esthetic correction.
60 minutes **225 TL + VAT**

Hydrating Facial

A rescue facial that soothes, hydrates and nourishes the skin. Includes a calming lavender and aloe masque as well as hydrating botanicals to protect skin.
60 minutes **175 TL + VAT**

Eye Rescue Treatment

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes.
30 minutes **95 TL + VAT**

Refresher Facial

A deep cleansing introductory facial based on organic moor mud, which refines and remineralizes dull, lifeless skin. Includes a skin analysis and short massage of the face and shoulders.
30 minutes **130 TL + VAT**

Gentlemen's Facial

A deep-cleansing, therapeutic facial designed specifically for men's skin care needs. Relaxes the skin as it refines pores. Includes a luxurious massage and deep-cleansing masque. Specifically addresses skin sensitivity and razor burn.
60 minutes **225 TL + VAT**

Fresh Caviar Facial

An antioxidant treatment that stimulates cell synthesis, rejuvenates, hydrates, nourishes and firms the skin with fresh caviar extracts. Particularly recommended for dull, lifeless and even the most fragile skin, this rare treatment is essential for the development and construction of the skin's vital cells. Moisturizes, nourishes and firms the skin with nutritious minerals, vitamins, amino acids, phospholipids and phosphoprotein.

65 minutes **356 TL + VAT**

DNA Vital Facial

With the help of Cryo Bacterium extracted from Antarctic ice, the highly polymerized DNA (Cryo Cellular Biotechnology) improves skin elasticity and reduces skin sensitivity by stimulating the synthesis of collagen. This treatment is also antioxidant, antitoxic and anti elastase. Nourishes and hydrates the skin, improves skin elasticity and protects skin from harmful external factors.

65 minutes **390 TL + VAT**

Oxygen Facial For Women

This treatment starts off with a deep cleanse, followed with a cream mask that contains serums or extracts best suited to your skin's type and needs, and finishes off with an oxygenation treatment. Perfect for moisturizing your skin and allowing it to breath and absorb oxygen more freely.

Slows down the skin aging process, energizes and erases the signs of aging and fatigue.

75 minutes **217 TL + VAT**

Oxygen Facial For Men

Created especially for male skin, this treatment stimulates the renewal of cells by maximizing their oxygen intake. The oxygen mask, rich in minerals and vitamins, deep cleanses your skin and helps it to regain its strength and balance. Rejuvenates and revitalizes your skin, reduces the signs of aging.

75 minutes **217 TL + VAT**



BODY WELLNESS

The peeling and body pack treatments listed below have firming and softening effects on your skin. These exotic treatments refresh your skin, help you to achieve a sense of wellbeing, and when applied on a weekly basis, keep your body in good shape.

Traditional Turkish Bath

A pampering treatment composed of a body scrub and a foam massage that has been a Turkish tradition for centuries. Designed in a traditional light grey marble, the entire seating area, the central platform and the walls are all heated, with the temperature inside the bath reaching 55°C. Your skin can breathe more freely once it has been freed from dead skin cells with the use of a coarse cloth mitt, while both your body and your soul relax with a foam massage. Softens, purifies, revitalizes and refreshes the skin. Improves the benefits and results of any following treatments.

30 minutes **119 TL + VAT**

Ayurvedic Brown Sugar Treatments

Honey, aromatic oils and brown sugar are blended together to create the remarkable peeling effect of this regeneration treatment. Smooths, hydrates and nourishes the skin.

20 minutes **111 TL + VAT**

Ayurvedic Sea Salt Treatment

Rich in minerals and vitamins, this regeneration treatment has a deep peeling effect along with the soothing and refreshing smell of the ocean. Purifies and re-mineralizes the skin.

20 minutes **111 TL + VAT**

Kerstin Florian Turkish Salt Scrub

An invigorating thermal mineral salt exfoliation applied in a two-step treatment utilizing thermal salt, rich in minerals and trace elements, followed by a loofah scrub with Thermal Mineral Shower/Bath Gel.

60 minutes **195 TL + VAT**

Kerstin Florian Brightening Body Scrub

Actively retexturize your skin to achieve a brighter, smoother appearance and skin tone. Exfoliating bamboo, jojoba beadlets and stimulating fruit enzymes polish and refine the skin while rich emollients hydrate and protect.

60 minutes **255 TL + VAT**

Traditional Turkish Bath



Kerstin Florian Gentle Chamomile Scrub

This treatment consists of two steps, with a gentle body exfoliation utilizing granulated pumice stone in a cream base, followed by a loofah scrub with Chamomile Shower/Bath Gel which is rich in botanicals.

60 minutes **195 TL + VAT**

Paraffin Treatment

Hands and feet are soaked in a paraffin bath for 20 minutes with Hydra Soft Emulsion adding to the softening and moisturizing effect of this treatment. Paraffin also soothes joint and arthritis pain.

Hand Paraffin 30 minutes **51 TL + VAT**

Feet Paraffin 30 minutes **51 TL + VAT**

Hand and Feet Paraffin

45 minutes **81 TL + VAT**



Body Wellness Kerstin Florian

Wellness Rituals

Using natural resources such as thermal mineral water, purifying algae, mud, essential oils and herbs, our Wellness Rituals satisfy the body's craving for minerals and nutrients, leaving the body refreshed, relaxed and balanced. Recommended as a series of treatments over ten days, the following treatment packages remineralize, nourish and balance the body.

Kerstin Florian Seaweed Therapy

An ideal way to relax and nourish the body. Beginning with a natural Spirulina Body Wrap rich in antioxidants and other beneficial nutrients, the body is immersed in a therapeutic mineral bath with aromatic bath oils. A luxurious contouring massage with a firming and toning serum finishes the treatment.

90 minutes **355 TL + VAT**

Kerstin Florian Body Firming Detox

Refine and firm body contours and promote detoxification as you reenergize. An exclusive brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation, and promotes the absorption of clinically tested slimming active ingredients. Nutrient rich algae is applied to the body followed by a deeply relaxing head massage. An exclusive slimming massage and serum help to stimulate circulation and active lipolysis with ginger and caffeine. Cool compresses finish this firming treatment as the Multi Vitamin Firming Crème hydrates and brightens the body.

60 minutes **255 TL + VAT**

90 minutes **325 TL + VAT**

Beautiful Back

The back is one of the most overlooked areas of the body. This nourishing and relaxing back treatment based on remineralizing moor mud deep cleanses, refines and nourishes the skin. Ideal for both men and women.

50 minutes **145 TL + VAT**

Body Wellness St. Barth

Ligne St. Barth Softness

Relaxing peeling massage for soft and smooth skin. The fruit enzymes in fresh papaya, natural yoghurt and a special sea-sand polish complex enriched with minerals remove dead skin cells.

Relaxes and softens skin, gives it a velvety smooth appearance.

35 minutes **119 TL + VAT**

Ligne St. Barth Sensation

A sensuous treatment containing coconut and vanilla oils that provides the skin with an intensive moisture boost. Ends with a wonderfully fragrant pampering massage that leaves your skin feeling velvety smooth. Enhances the firmness and the elasticity of the skin.

60 minutes (25 minute massage included)

153 TL + VAT

Body Wellness Ericson Laboratoire

Insulinol Cellulit-Diet Treatment

By preventing fat from accumulating in the adipocytes, and by stimulating fat combustion, this localized treatment helps improve the appearance of marks and cellulite with the use of a two-stage thermal body mask. Helps improve weakened micro capillaries and drains the excess interstitial fluids. Firms and provides a smooth appearance by re-structuring the damaged tissues in the hips and buttocks.

70 minutes **335 TL + VAT**

Cryo Drainage Localized Body Treatment

Created especially for tired legs, this treatment is performed on the entire leg area, from the toes up to the hips. Legs are massaged with herbal oils that offer a drainage effect, and are then wrapped with ice fluid enriched with plant extracts. While this sudden feeling of cold takes you on a journey to the top of "icebergs", it also activates micro-circulation, causes vaso-constriction, and drives out toxins. Relieves fatigue and the feeling of heaviness, reduces swollen tissues, provides a real sensation of lightness and health.

60 minutes **217 TL + KDV**

Nuvola Body Wrap Treatment

Dry Floatation

Delivering spectacular results, this 60 minute treatment, featuring the latest technology of the Nuvola Floating Bed, is equivalent to 6 hours of sleep. After just one treatment you will instantly feel your body getting firmer. The moment your wrapped body is submerged in the warm water you will feel a sense of gentle floatation. With regular bi-weekly



treatments the results are phenomenal. You may choose from our three distinctive treatments.

Nuvola - Milk and Honey Treatment

A unique experience that thoroughly relaxes your body and mind the moment your body, wrapped with vitamins and minerals, is submerged in the floating bed. Softens, moisturizes, and smoothes the skin. 50 minutes **111 TL + VAT**
60 minutes with peeling **140 TL + VAT**

Nuvola - Algae Body Treatment

The aquatic power of pure microalgae derived from the shores of Britain slims the body, stimulates the metabolism, and helps purge the body of toxins. Relaxes, hydrates, re-mineralizes, and tightens the skin. 50 minutes **162 TL + VAT**
60 minutes with peeling **204 TL + VAT**

Nuvola - Mud Body Treatment

Rich in minerals, the Natural Marine Mud used in this treatment comes from the Dead Sea. Helps relieve muscle tension, purifies, and softens the skin. 60 minutes **191 TL + VAT**

Balneotherapy

These personalized bathing experiences, offered in ergonomically correct tubs, offer various options. The pressurized water and air released from the jets massage your body to achieve total relaxation. With bi-weekly balneotherapy sessions, you will notice how your body relaxes and your skin is revitalized.

Energizing Bath

An aromatic essence bath that invigorates your senses. You may choose from assorted fragrances. Awakens the senses, energizes and revitalizes. 20 minutes **77 TL + VAT**

Cleopatra Bath

Recommended for pampering your dry and dehydrated skin. Softens, moisturizes and smoothes dry and dehydrated skin. 20 minutes **81 TL + VAT**

Mineral Wellness Soak

Experience transformative wellness with these concentrated, powerful, African salts. One of the Earth's most pristine natural treasures, these hand-harvested mineral crystals elevate the bathing experience into a detoxifying, remineralizing and muscle relieving wellness treatment. Contains a perfect, rare balance of over 65 essential minerals and trace elements to deeply nourish, detoxify and rebalance the body. 20 minutes **110 TL + VAT**

Body Peeling and Massage

Chi-Yang Massage

Chi-Yang is a body-care method which is performed by applying a peeling mask before the massage. After the peeling, you receive a light, comforting massage using "Golden Body Oil" containing 24-carat gold particles. Converts the negative energy in the body to positive energy, while providing regeneration for your mind and soul. 75 minutes **225 TL + VAT**

Kerstin Florian Lavander Dreams Ultimate Experience

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift off on waves of blue. Breathe deep. Inhale the calming and balancing benefits of wild lavender in this uplifting and rejuvenating Spa experience which includes a two-step invigorating full body scrub, a warm wrap and a full body massage including stones.

90 minutes **295 TL + VAT**

Kerstin Florian Nua Signature Healing Revival

Organic ginger's healing properties are combined with mineral salts in an invigorating full body exfoliation. This is followed by a pampering back, neck and shoulder massage with ginger oil and warm healing stones. Finally, nourish and relax in a cocoon of warmth as a luxurious foot and pressure point scalp massage complete this head-to toe service.

90 minutes **295 TL + VAT**



MASSAGES

Massage treatments help relieve muscle tension and let you feel refreshed after a busy day. Our diverse massage treatments will revitalize your tired muscles, refresh, energize, and strengthen your body. To achieve the best results, we recommend that massages are received at least once a week. Our therapists will assist you in choosing the therapy best suited to your needs.

Organic Aromatherapy Massage

In this soothing organic aromatherapy ritual, warm lavender infused towels are applied to the body, imparting comfort and serenity. The oil used in this massage is a light, 98% organic aromatherapy body oil sourced from organic sunflowers as well as wild flowers, plants, roots and leaves. Guests may choose between three organic aromatherapy blends in order to customize this ultimate massage experience.

50 minutes **175 TL + VAT**

Nua Signature Massage

An exceptional massage created exclusively for Richmond Nua Wellness-Spa that blends together the techniques of aromatherapy and deep tissue massage. Provides balance and harmony for your body and soul, helps to relax your muscles.

50 minutes **157 TL + VAT**

90 minutes **272 TL + VAT**

Magnesium Massage

Magnesium is responsible for promoting healthy energy levels, muscle function and overall well-being. This nourishing treatment delivers the power of magnesium to promote detoxification and replenish levels which are frequently low. Warm mineral compresses enhance this therapeutic massage.

50 minutes **195+VAT**

Head and Neck Massage

A light to medium pressure massage that helps relieve tension. Alleviates the symptoms of headaches, migraines and stress.

30 minutes **106 TL + VAT**





Nua First Touch Massage

Pregnancy is a period of great physical and emotional change. Pain and discomfort in various parts of the body combined with the added stress of hormonal changes can have a tiring effect on the body. "Nua First Touch Massage" was created specifically for expectant mothers to reduce stress, decrease swelling, and relieve aches and pains in the feet, legs and back. Helps you experience a more relaxed and low-stress pregnancy. Also eases pain and discomfort when applied to any specifically requested part of the body. Nua First Touch Massage can be reserved at any time after the first trimester and with your doctor's approval.
50 minutes **153 TL + VAT**

Lomi Lomi Nui

This is a spiritual Hawaiian massage. Extremely relaxing stretching and touching techniques are seamlessly and harmoniously merged together in this massage. Relaxes the body, mind and the spirit, purifies them from stress and tension.
75 minutes **221 TL + VAT**

Hot Stone Therapy

This therapy is a combination of a full body massage and energy exercises, originating from the old Shamans. Warm volcanic stones are placed on the body's energy points (chakras) and the whole body is rubbed down. Quickens the process of self-healing, provides intense relaxation and stabilizes energy levels.
65 minutes **180 TL + VAT**

Traditional Balinese Massage

A holistic body massage that uses acupressure and reflexology techniques. Stimulates the body's flow of oxygen, blood and chi energy. Provides deep relaxation and serenity.
50 minutes **145 TL + VAT**

Deep Asian Massage

Using a deeper pressure than the Traditional Balinese Massage, this intense and focused massage technique also makes use of the arms and elbows. Re-balances the muscles and gets rid of stress.
50 minutes **157 TL + VAT**

Deep Tissue Massage

This full body massage employs slow strokes using a deep and focused pressure. Ideal for tense muscles stressed from a work-out or a busy working day. Relaxes and soothes the muscles.
50 minutes **157 TL + VAT**

Local Massage

Your therapist will focus on any specified area to relieve excess tension.

Relieves tension.

30 minutes **111 TL + VAT**

Swedish Massage

Utilizing sports massage techniques including muscle manipulation, this massage is applied using either light or medium pressure. Improves circulation, energizes, and relieves muscle pains and tension.

50 minutes **140 TL + VAT**

Anti-Cellulite Massage

Using a special technique, this anti-cellulite massage removes excess fat from areas with cellulite.

Removes excess fat deposits by speeding up the blood flow in problematic areas of the body, gives your skin a smoother appearance.

30 minutes **140 TL + VAT**

Detox Lymphatic Drainage

This is a fairly soft and gentle massage which is performed by massaging the skin towards the lymphatic flow and lymph node areas. The detoxifying scented oil used for the massage help the skin to purge toxins from the body. Regulates the immune system by stimulating the lymphatic system. Clears congestion, removes metabolic waste, toxins and excess fluid from the body.

50 minutes **140 TL + VAT**

Chocolate Massage

This special chocolate body massage uses chocolate oil containing ginseng and vitamin E. Refreshes and softens your skin with cacao's anti-aging effect.

50 minutes **180 TL + VAT**

Shiradora Therapy

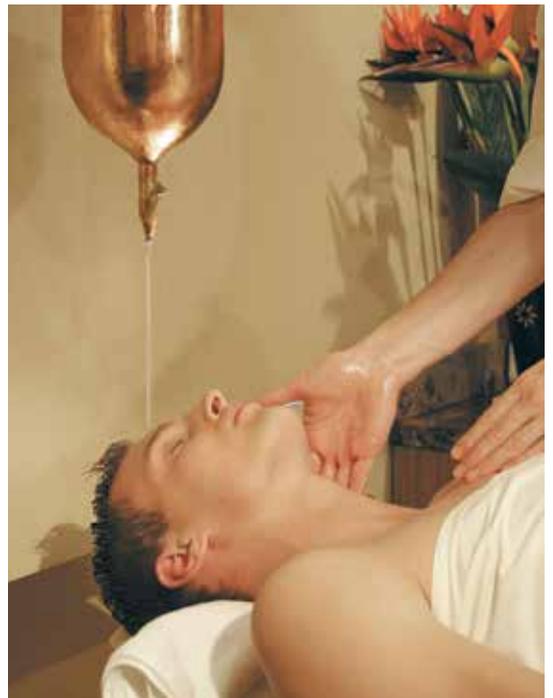
This therapy is based on the ancient principles of Ayurvedic medicine practiced for over 5000 years in India and Sri Lanka. The warm sesame oil (shira) flowing from a copper pot down onto the "third eye" (dora) restores health and induces a deep relaxation. The therapy is concluded with a light body massage and an intense head massage. Rejuvenates and heals the body, relieves stress.

65 minutes **208 TL + VAT**

Thai Massage

This treatment uses Thai massage techniques that combine meridian compression with yoga-like stretching on a firm futon mat in a private single room. Accelerates blood circulation, stretches the body and muscles, strengthens the joints, energizes, reduces stress and anxiety.

50 minutes **217 TL + VAT**



Shiatsu Therapy

Deriving its name from the Japanese words for finger (Shi) and pressure (Atsu), Shiatsu is a traditional therapy that works on the body's acupressure points to balance the energy flow and strengthen the vital organs. It is a personalized form of therapy that works on the whole being, from the physical to the spiritual.

Calms the mind and the body, reduces stress and fatigue, regulates the digestive system, and strengthens concentration. Zen Shiatsu helps you feel the therapy more intensely by utilizing the knees, elbows and feet.

50 minutes **221 TL + VAT**

Foot Reflexology

Reflexology is based on the ancient Chinese belief that each body part is represented on the feet, and is performed by applying pressure on reflex points with specific thumb, finger, and hand techniques followed by a foot massage. Each reflex point represents an organ in the body. Applying pressure on these points improves the health of organs throughout the body.

45 minutes **123 TL + VAT**

Massage Options for Couples

Swedish Massage for Couples

Utilizing sports massage techniques including muscle manipulation, this massage is applied using either light or medium pressure. Improves circulation, energizes, relieves muscle pain and tension.

50 minutes **280 TL + VAT**

Traditional Balinese Massage for Couples

A holistic body massage that uses acupressure and reflexology techniques. Stimulates the body's flow of oxygen, blood and chi energy. Provides a deep relaxation and serenity.

50 minutes **290 TL + VAT**

Deep Asian Massage for Couples

Applying a deeper pressure than the Traditional Balinese Massage, this intense and focused massage technique also employs the arms and elbows.

Re-balances the muscles and gets rid of stress.

50 minutes **314 TL + VAT**

Thai Massage For Couples

The Thai Massage for Couples is a unique combination of meridian compression and stretching exercises derived from yoga, and is performed on a hard futon cushion. Speeds up blood flow, stretches the body and muscles, strengthens the joints, purifies the body from stress and worry, and provides energy.

50 minutes **434 TL + VAT**



BALANCE IN THE BODY AND THE ENVIRONMENT

Rei-ki

Reiki has a history dating back 2500 years. The word Rei-ki means “spiritual life energy that exists everywhere”.

Rei-ki initiates a spiritual and physical healing process by stabilizing and completing our deficient body energy to untangle the unstable energy and negative energy blockages within our bodies. It helps us to purify our physical, mental and emotional tensions.

Rei-ki session

45 minutes **128 TL + VAT**

Chakra stabilization

25 minutes **68 TL + VAT**

Reiki session and Chakra stabilization

70 minutes **168 TL + VAT**

70 minutes Rei-ki I initiation **190 TL + VAT**

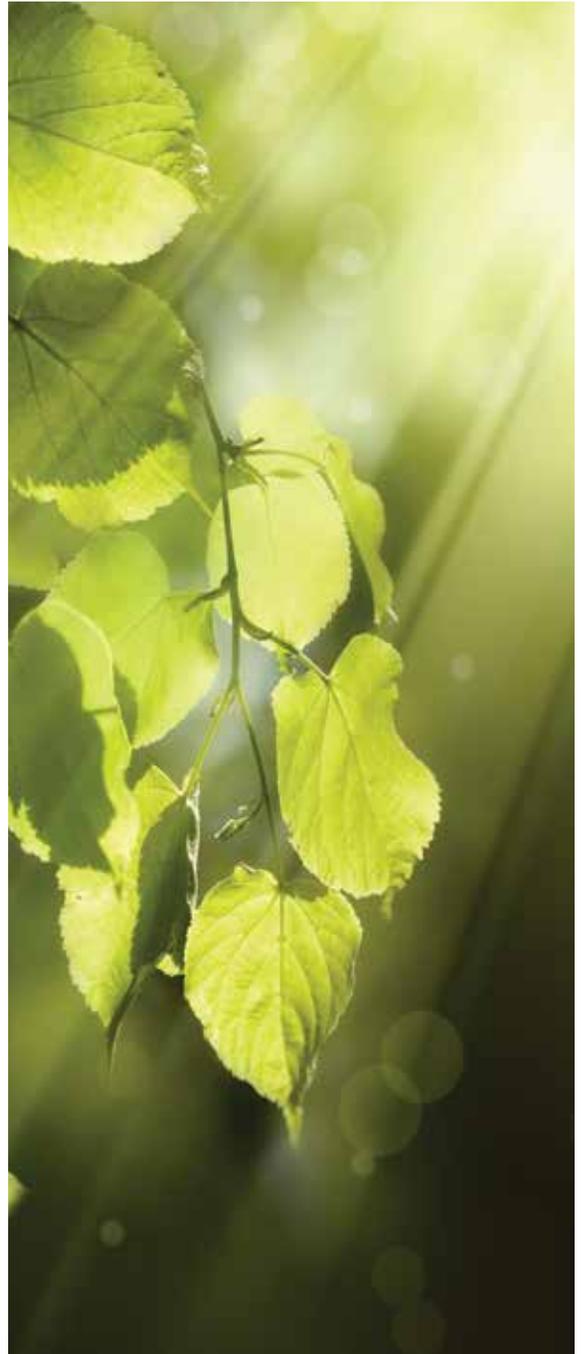
70 minutes Rei-ki II initiation **275 TL + VAT**

70 minutes Rei-ki III initiation **360 TL + VAT**

Feng Shui

Feng Shui is an ancient Far Eastern art form based on the relationship between humankind and nature/environment. As a metaphysical science, it examines our living areas and offers alternatives for a higher quality life to people living within these spaces. A high quality life is healthy, abundant and peaceful. We kindly ask that you make your appointment for your Feng Shui session one day in advance, and that you provide us with your date of birth, the length of time that you have lived in your home, the age of the building that you live in (if you know), along with your name to the Wellness Spa Reception.

90 minutes **250 TL + VAT**



MEDITATIONS

Meditation for Chakra Activation

Chakras are our energy centers. The energy needed for our physical body to live flows through the physical body with the help of the chakras, passing through aura layers. Chakras have specific functions affecting both our physical body and consciousness. Instabilities and blockages in one or more of our chakras affect the entire chakra system. The irregular flow of energy can cause health problems in the physical body, and can be one of the main causes of illness. With this meditation, we will heal the entire body by activating the chakras.

45 minutes **65 TL + VAT**

Meditation for Stabilizing the Elements

Everything in the universe, including us, is composed of elements. We are in constant interaction with the elements. Fire, earth, air and water elements help people to cleanse their own energy fields. We will get to know the elements and understand what each of them represents in our lives. We will activate and balance these elements.

45 minutes **65 TL + VAT**

Meditation for Healing with Colors

Colors are always a part of our lives. Getting to know them, realizing how they guide us, learning which organs they are related to and which color brings us more healing and benefits is both an entertaining and useful exercise.

45 minutes **65 TL + VAT**

Tree of Life Meditation

Our entire goal in this life is to develop ourselves and reveal the hidden power within us. As we recreate ourselves, the universe will reach its perfect state. For us to succeed in doing this, one of the tools given to us is the Tree of Life. In a way, it is

a map of treasures buried within us. This meditation helps us to reach this capacity and provides us with the tools that turn us into sources of peace, happiness and endless love. When we follow its route, we can improve ourselves spiritually, becoming more intuitive and creative. It helps us to comprehend ourselves both physically and psychologically.

45 minutes **65 TL + VAT**

Meditation for Communication with Our Bodies and Healing

The human body is one of the most complicated mechanisms in the universe. If we want to look for miracles around us, just looking at our bodies would be enough. Therefore, we should admire our bodies. This meditation is about getting to know our body, being friends with it, as well as healing and communicating with it. In order to have a healthy and natural body, we should listen to it and analyze it. We should listen to the messages our bodies send us.

45 minutes **65 TL + VAT**



HYPOXI



Hypoxi is a revolutionary new fitness and vacuum therapy, applied with four distinct devices and special clothes that help you burn stubborn fat quickly. The high and low pressures of Hypoxi increase the blood supply and encourage circulation in the targeted problem areas. Please refrain from eating one hour prior to S-120 and L-250 therapies, and 2 hours prior to the vacunaut therapy.

Hypoxi Marathon Program

In Nua's distinctively serene atmosphere, you can drop up to one dress size with the four day marathon program. You can obtain detailed information from the Nua Spa reception desk about the Hypoxi Marathon Program that includes diet menus and a five night stay.

Trainer S-120

By applying a combination of high and low pressure to the lower body area, Trainer S-120 accelerates the blood flow and facilitates the elimination of fatty acids. It is both a therapy and training device fitted with complex computer software and a fully adjustable training bike.

Regulates cellular nutrition by burning fatty acids, and helps transport toxins and burn fatty acids from the targeted areas.
30 minutes **85 TL + VAT**

Trainer L-250

Specifically designed for those who do not prefer hard training sessions, the L-250's reclined position of cycling employs the forces of gravity and offers comfort during the training session. Slims from the hips down, shapes the legs. Supports weak veins with sudden changes in pressure. Burns fatty acids with the help of gravity and dynamic pressure. Helps the body flush out tissue fluids more rapidly.
30 minutes **85 TL + VAT**

Vacunaut

This treatment consists of compression and vacuum therapy received on a treadmill with special vacunaut clothing that features integrated pressure chambers in the abdominal and hip regions. Applies pressure and a vacuum effect while walking on the treadmill. Stimulates the problem areas with a complex network of 112 integrated pressure chambers. Gradually activates fatty acids. With the application of dynamic high pressure, it transports the fatty acids to the muscles. It is one of the healthiest forms of cardio exercise supplemented with compression and vacuum therapy.
30 minutes **85 TL + VAT**

HYPOXI

ADDITIONAL SERVICES

Solarium

10 minutes **30 TL + KDV**
15 minutes **40 TL + KDV**
20 minutes **50 TL + KDV**

Solarium Packages

8 sessions-15 minutes
(Valid for 6 weeks) **300 TL + VAT**
12 sessions-15 minutes
(Valid for 8 weeks) **400 TL + VAT**

Fitness

Personal training 1 hour session **60 TL + VAT**

Pilates

1 hour session per person **64 TL + VAT**
12 sessions per person
(Valid for 8 weeks) **636 TL + VAT**



